

Symptoms and corresponding exposure levels to electromagnetic fields, particularly pulsed radio frequency microwave non-thermal non-ionizing radiation measured in mW/m<sup>2</sup>.

Sudden onset internal brain and spinal cord tension, progressed to, tinnitus, brain fog, difficulty concentrating, inability to find the words, anxiety disorientation, fight or flight.

Right foot catching on the floor in the hallway on the way out. Greater than 4.5000 mW/m<sup>2</sup>

**.45000  $\mu$ W/cm<sup>2</sup>** 30 minute exposure. Symptoms persisted for 2 hours and residual symptoms persisted for two days.

Sudden onset intense internal brain and spinal cord tension, tinnitus, dizziness, brain fog, difficulty concentrating, brief inability to speak followed by difficulty finding the words for the duration of the appointment.

46.0000 mW/m<sup>2</sup>

**4.60000  $\mu$ W/cm<sup>2</sup>**

Symptoms persisted 3 hours and residual 3 days..

Ears ringing and tightening of brain and spinal cord., difficulty concentrating., vision began to tunnel. 0.0100 mW/m<sup>2</sup>

**0.00100  $\mu$ W/cm<sup>2</sup>**

Unable to tolerate laundry room, so I wash all of my laundry by hand. Greater than 4.5100 mW/m<sup>2</sup>

**0.45100  $\mu$ W/cm<sup>2</sup>**

Sudden onset internal brain and spinal cord tension

Extremely Low Frequency (ELF)

0.17 - 0.40 microtesla ( $\mu$ T) 1.7 - 4.0 milligauss (mG)

The [BioInitiative Report](#) recommended an upper limit of just 1.0 mG for habitable space. (0.10  $\mu$ T)

Sudden onset internal brain and spinal cord tension

Brain fog, tinnitus, fatigue, numbness

4.5910 mW/m<sup>2</sup>

**0. 4591  $\mu$ W/cm<sup>2</sup>**

The [BioInitiative Report](#)

recommended upper limits of 0.0030 - 0.0060 mW/m<sup>2</sup>

0.00030 - 0.00060  $\mu$ W/cm<sup>2</sup>

Sudden onset internal brain and spinal cord tension

tinnitus, fatigue, numbness

**0. 4001  $\mu$ W/cm<sup>2</sup>**

4. 0015 mW/m<sup>2</sup>

Nausea, loud tinnitus,

Renewed increased intensity of previous exposure residual internal brain and spinal cord tension

**4.8670  $\mu\text{W}/\text{cm}^2$**

48.6700 mW/m<sup>2</sup>

Loud Tinnitus

19.5900 mW/m<sup>2</sup>

**1.9590  $\mu\text{W}/\text{cm}^2$**

Tightness in brain and spinal cord begins.

0.21  $\mu\text{T}$  21.00 mG

Tightness in brain and spinal cord increases.

0.63  $\mu\text{T}$  63.00 mG

Tight brain and spine, anxiety, fight or flight

0.0176 mW/m<sup>2</sup>

**0.00176  $\mu\text{W}/\text{cm}^2$**

Tight brain and spine, anxiety, fight or flight

0.1264 mW/m<sup>2</sup>

**0.01264  $\mu\text{W}/\text{cm}^2$**

Heart Palpitations, Increased Heart Rate

By the time I fetched the meter to measure the level was 0.0036 mW/m<sup>2</sup>

**0.00036  $\mu\text{W}/\text{cm}^2$**

Right arm numb, left chest pain, agitation, fight or flight

0.1268 mW/m<sup>2</sup>

**0.01268  $\mu\text{W}/\text{cm}^2$**

Tinnitus

0.0400 mW/m<sup>2</sup>

**0.00400  $\mu\text{W}/\text{cm}^2$**

Fight or flight response, Tight brain and spinal cord, numbness on face.

0.0278 mW/m<sup>2</sup>

**0.00278  $\mu\text{W}/\text{cm}^2$**

Resurgence of Fight or flight response, Tight brain and spinal cord, numbness on face.

0.0590 mW/m<sup>2</sup>

**0.00590  $\mu\text{W}/\text{cm}^2$**

Sinus pressure, metallic taste

0.0045 mW/m<sup>2</sup>

0.00045 **μW/cm<sup>2</sup>**

Tightening of brain and spinal cord.

0.0060 mW/m<sup>2</sup>

0.00060 **μW/cm<sup>2</sup>**

Symptoms return including nausea. 0.0548 mW/m<sup>2</sup>

0.00548 **μW/cm<sup>2</sup>**

Tightening of brain and spinal cord.

0.0081 mW/m<sup>2</sup>

0.00081 **μW/cm<sup>2</sup>**

Tinnitus 0.0072 mW/m<sup>2</sup>

0.00072 **μW/cm<sup>2</sup>**

Nausea, metallic taste 0.0179 mW/m<sup>2</sup>

0.00179 **μW/cm<sup>2</sup>** at

Tightening of brain and spinal cord.

0.0100 mW/m<sup>2</sup>

0.00100 **μW/cm<sup>2</sup>**

Tightening of brain and spinal cord. Dizziness.

0.0080 mW/m<sup>2</sup>

0.00080 **μW/cm<sup>2</sup>**

Tightening of brain and spinal cord. Extremely Low Frequency (ELF)

0.30 microtesla (μT)

3.0 milligauss (mG)

Tinnitus, Tightening of brain and spinal cord. Extremely Low Frequency (ELF)

0.17 microtesla (μT)

1.7 milligauss (mG)

Tinnitus, nausea, general feeling of unwellness, heaviness in both arms, left arm numbness, dizzy, disoriented, fight or flight. Symptoms exacerbated too suddenly to think to take a meter reading. Left my order behind.

Hours later, returned to store. Had called ahead to have order ready at the checkout counter. One patron ahead of me. Headache, fatigue, tinnitus, dizziness, anxiety. Readings in excess of:

79.000 mW/m<sup>2</sup>

7.90000  $\mu\text{W}/\text{cm}^2$

Shortness of Breath, Facial Numbness, Tinnitus, Tight Brain and Spine, Heart Palpitations Right foot caught as I walked in.

0.4491  $\text{mW}/\text{m}^2$

0.04491  $\mu\text{W}/\text{cm}^2$

Palpitations

0.0030  $\text{mW}/\text{m}^2$

0.00030  $\mu\text{W}/\text{cm}^2$

Tinnitus, tight brain and spine, nausea

4.5000  $\text{mW}/\text{m}^2$

0.45000  $\mu\text{W}/\text{cm}^2$

Nausea, agitation, fight or flight, brain fog, disorientation.

0.0582  $\text{mW}/\text{m}^2$

0.00582  $\mu\text{W}/\text{cm}^2$

Symptoms lingering from previous exposure and one episode of stabbing stomach pains.

5.4000  $\text{mW}/\text{m}^2$

0.54000  $\mu\text{W}/\text{cm}^2$

Symptoms lingering from previous exposures and a second episode of stabbing stomach pains.

Brain fog, fatigue, tunnel vision. Headache. Fight or flight.

2.1000  $\text{mW}/\text{m}^2$

0.21000  $\mu\text{W}/\text{cm}^2$

Tight brain and spine. Tinnitus.

0.0059  $\text{mW}/\text{m}^2$

0.00059  $\mu\text{W}/\text{cm}^2$

0.4948  $\text{mW}/\text{m}^2$

0.04948  $\mu\text{W}/\text{cm}^2$

Sudden onset. Tight brain and spine. Numbness, tinnitus.

0.4590  $\text{mW}/\text{m}^2$

0.04590  $\mu\text{W}/\text{cm}^2$

Tight brain and spine. Numbness, tinnitus.

Headache.

0.0145  $\text{mW}/\text{m}^2$

0.00145  $\mu\text{W}/\text{cm}^2$

Tight brain and spine. Tinnitus. Head pains.

Numbness,

0.0051 mW/m<sup>2</sup>

0.00051  $\mu$ W/cm<sup>2</sup>

(By the time I got to the meter) Nauseated, sinus pressure, wakefulness for a full hour.

0.0285 mW/m<sup>2</sup>

0.00285  $\mu$ W/cm<sup>2</sup>

Tinnitus, numbness.

Dizzy and disoriented.

Uncoordinated. Off balance. Brain fog.

0.0195 mW/m<sup>2</sup>

0.00195  $\mu$ W/cm<sup>2</sup>

Tight brain and spine.

0.0191 mW/m<sup>2</sup>

0.00191  $\mu$ W/cm<sup>2</sup>

Tight brain and spine.

Numbness in face.

0.0178 mW/m<sup>2</sup>

0.00178  $\mu$ W/cm<sup>2</sup>

Numbness in face.

0.0155 mW/m<sup>2</sup>

0.00155  $\mu$ W/cm<sup>2</sup>

Loud tinnitus. Disorientation.

.